

## Avoiding Holiday Weight Gain

With a few simple changes to your usual approach, you can enjoy holiday foods without gaining those extra pounds. Restrictive diets can make this time of the year very stressful. Most Americans gain an extra 1-3 pounds that, unfortunately, become permanent baggage. This year, make a plan that will help you consume fewer calories. Just imagine when you step on the scale January 1 and your weight is where you left it this November!

### Preparing for the Meals

- Wear tight-fitting clothing
- Eat a small snack (small sandwich, almonds) before dinner so you feel full until dinner
  - Make time for exercise each day
- Establish ground rules. For example: only one slice of dessert
  - Keep a food journal

### Ready, set, go

- Eat higher-calorie foods in smaller portions
- Save calories for foods you love and don't have often
- Munch on fresh fruits and vegetables instead of high fat appetizers

### Dinnertime

- Scan the buffet and choose smaller portions of the high calorie foods and take larger portions of the sweet potatoes, steamed vegetables, and skinless white meat turkey
  - Do not go back for seconds!
- Eat slowly and enjoy the company of family and friends
  - Eat what you enjoy but eat less of it

### Save Room for Dessert!

- Choose pumpkin over pecan pie. Eat just the filling to take in fewer calories and eliminate trans fats

### Cheers!

- Save calories for a glass of wine with your meal
- Skip the high-calorie, high-fat eggnog this year

### When You're Done

- When you are finished drink a glass of water and walk away from the table
  - Take a walk after dinner

Do not try and lose weight during the holidays; just aim to maintain your current weight. Have fun this year sharing food and celebrating your new holiday traditions with family and friends.



Source: [www.webmd.com](http://www.webmd.com)